

Proclamation

Cardiovascular disease (CVD) in the United States is responsible for 40 percent of all deaths, more than the next five leading causes of death combined, and nearly 157,000 people die each year from a stroke. Combined, these diseases claim more than 910,000 American lives a year.

The American Heart Association (AHA) has set a goal to reduce heart disease and stroke risk by 25 percent by the year 2010. To achieve this goal, AHA has identified that a smoke-free lifestyle, balanced diet and regular exercise can help prevent CVD and improve the health of a person's heart.

Smoking is the leading preventable cause of death in the United States and greatly affects the number of CVD cases. According to the Center for Disease Control, nearly 160,000 men and women in the United States die each year from cardiovascular disease attributed to smoking. For a healthy heart, it is never too late to stop smoking.

In addition to a smoke-free lifestyle, diet plays a key role in the health of a person's heart. A balanced diet will decrease cholesterol build-up and defend against other health issues such as obesity, which puts a strain on the heart's ability to function. AHA recommends that an individual reduce their intake of fat and eat a wide variety of foods from all of the basic food groups.


Finally, with adequate amounts of exercise a person can significantly reduce the risk of CVD. Swimming, cycling, jogging, surfing, walking or any other type of activity can help the heart. Whether it's included in a structured exercise program or just part of a daily routine, physical activity contributes to a healthier heart.

THEREFORE, I, LINDA LINGLE, Governor of the State of Hawai'i, and **I, JAMES R. "DUKE" AIONA, JR.**, Lieutenant Governor, do hereby proclaim August 2006 as

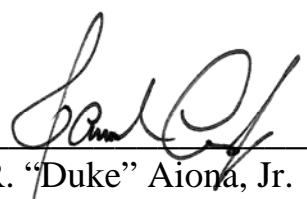
HEALTHY HEART AWARENESS MONTH

in the Hawai'i, and ask the public to eat healthy, exercise and stop smoking in order to maintain a healthy lifestyle.

Done at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai'i, this ninth day of August 2006.



Linda Lingle
Governor, State of Hawai'i



James R. "Duke" Aiona, Jr.
Lieutenant Governor, State of Hawai'i